

C O M E

# Holy Spirit

SIMPLE PRACTICES FOR PARTNERING  
WITH THE HOLY SPIRIT

PRACTICE: LEARNING THE  
SPIRIT'S PRESENCE

**"I can never escape from your Spirit!  
I can never get away from your presence!"**  
Ps. 139:7

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## Introduction

Jesus told his followers that it was better that He was going to the Father because the Holy Spirit would come and reveal to them, and even to us, what “the Father is saying and doing”. Jesus lived life and did ministry in the power of the Holy Spirit. Now, He invites us to do the same. The Come, Holy Spirit Practice Series is a set of simple practices to help ANYONE become familiar with the Holy Spirit and learn to “partner” with him in everyday life... just as Jesus did.

## How To Use These Practices

This series contains ten practices related to partnership with the Holy Spirit in everyday life. Each prompt/practice contains an intro, a Scripture, a suggested practice exercise, things to notice, and journal space in which to document your experience with that specific practice.

Participants can spend as much time on one practice as they feel is appropriate.

These practices are personal. They are also short enough to be shared and interacted with in any type of group setting.

The important thing is for anyone who desires to grow in life with the Holy Spirit to feel free to work through these practices and learn her/his rhythm with the Holy Spirit - everyday.



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I can never get away from your presence!”  
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**Intro:**

The purpose of this practice is to connect the participant with a *distinct knowing* of the presence of the Spirit, i.e. the presence of God. When we as people get to know someone well, there are distinct markers that enable us to know that person is “present” – sound of voice, sense of nearness, even an aroma – without us even seeing them first. The same concept is true with the Holy Spirit. As we become familiar with Him, our senses become attuned to His presence. A feeling of electricity, a blanket of peace, goosebumps, even tears or laughter are a few possible markers of the Spirit’s . Practicing this “practice” is meant to create a familiarity and sensitivity to when the Holy Spirit is near and present.

**Prompt:**

Settle yourself in a private area. Take a few breaths to calm your body and brain. Open your hands, palms up, into a position of receiving. Gently pray, “Come, Holy Spirit... help me to know your Presence.” Then wait. Keep your eyes open. Notice how your body relaxes. Note how you feel physically. Note how you feel emotionally. Start with 10 or 15 minutes, and continue many times throughout a month or several weeks.

**Things to Notice:** Markers of the Spirit’s presence

- Distinct relaxation of the body
- A sense of heaviness or weight on the shoulders, chest, or open-hands
- Warmth or electricity coursing in the hands or through the body
- A gentle shaking or involuntary movement of hands or other body parts
- A “welling up” of emotion, tears or laughter

**Journal:**

Write down a description of how your body and emotions respond to the Spirit’s presence. List any thoughts, sensations or new feelings that occur when you invite the Spirit to come. What parts of this experience do you remember feeling before? What’s new and different?

